

Matthew 6:16-18 **Commandments of Jesus regarding – Fasting**

16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. NKJV

Facts Revealed:

Commandments of Jesus regarding Fasting

- ✚ When you fast, do not be like the hypocrites with a sad countenance. [\[Matthew 6:16\]](#)
 - ✧ Jesus then describes the various ways the hypocrites attempt to impress the public.
- ✚ When you fast, anoint your head and wash your face, so you do not appear to men to be fasting. [\[Matthew 6:17-18\]](#)
 - ✧ Things we do regarding our relationship with God are private and not for public display.
 - ✧ God looks at the heart, motive, emotion, desire, and priorities.
 - ✧ If we seek to gain reputation and acclaim in the eyes of men, and succeed in gaining their acceptance, recognition and honor, we have received our reward from men and no other reward is due. All these things tend toward building pride, which God hates.
 - ✧ If we keep it strictly between ourselves and God, then God Who sees in secret will reward us openly, and our praise will be from God, not from men. [\[Romans 2:29, 1 Corinthians 4:5\]](#)